



2012 International Conference on Medical Physics and Biomedical Engineering

The Current Situation of Students' Participatation in Extracurricular Sports Activities of Private Middle School in Henan Province and the Analysis of Investigation

Wang Zhe

Department of Public PE, Xuchang College Xuchang Henan, 461000

Abstract

By using the methods of document literature, questionnaire survey and mathematical statistics, this paper investigates and analyses the cuurent situation of students' participation in extrucurricular sports activities of 36 private middle schools in Henan province which have legal education procedures through the following aspects: the attitude, motivation, times, duration, selection of programs, and influential factors of participating in extracurricular sports activities. Based on the investigation and analysis, this paper points out the existing problems and puts forward suggestions .

© 2012 Published by Elsevier B.V. Selection and/or peer review under responsibility of ICMPBE International Committee.
Open access under [CC BY-NC-ND license](#).

Keywords: Henan province, students of private middle school, extracurricular sports activities, investigation and analysis

1. Subjects and Methods of the Study

The subjects are the 2000 students (including 1000 boys and 1000 girls) of 36 private middle schools (including middle schools and high schools of country cities) in Henan province with legal education procsedures by random selecting.

1.1 Methods of Study

1.1.1 Questionnaire Survey

Give out Questionnaire of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province. The questionnaire was carried out from the forms, contents, motivations, ways, the selection of extracurricular sports activities, and so on, of extracurricular aports activities. Receive 1946 questionnaires and the received rate is 97.3%. Among which the valid questionnaires are 1921 and the effectivly received rate is 98.7%.

1.1.2 Visiting Investigation

Visit some leaderships, sporting directors of some private middle schools and sports workers of education bureau and sports bureau to learn the situation of developing extracurricular sports activities in schools and interview the students who are taking part in extracurricular sport activities lively at random.

1.1.3 Statistics

Apply the softwares of statistical analysis of data: SPSS11.5 and Microsoft Excel 2003 to conduct statistical analysis of investigation results.

2 Results and Analysis

2.1 the Students' Attitudes towards Participating in Extracurricular Sports Activities of Private Middle Schools in Henan Province

Table 1 The Survey List of the Students' Attitudes towards Participating in Extracurricular Sports Activities of Private Middle Schools in Henan Province

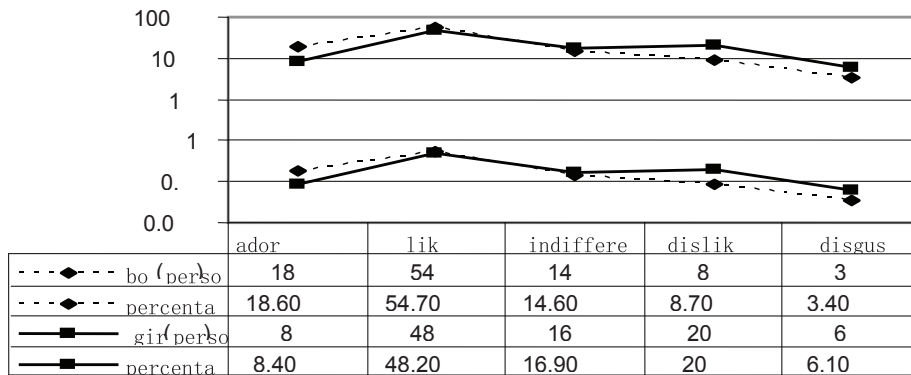


Table 1 shows that the boys and girls who like and adore the extracurricular sports activities account for 51.5% and 13.5%. But there are significant differences between the attitudes toward extracurricular sports activities of boys and girls. The number of boys who like and adore extracurricular sports activities exceeds that of girls, but the number of girls who dislike and disgust extracurricular sports activities exceeds that of boys. How to develop girls' interest in sports is a big issue faced by PE of middle schools. There are 15.6% of students taking an indifferent attitude to extracurricular sports activities. This is a potential group of sports, which should be paying more attention.

2.2 the Students' Motivations of Participating in Extracurricular Sports Activities of Private Middle Schools in Henan Province

Table 2 The List of the Students' Motivations of Participating in Extracurricular Sports Activities of Private Middle Schools in Henan Province

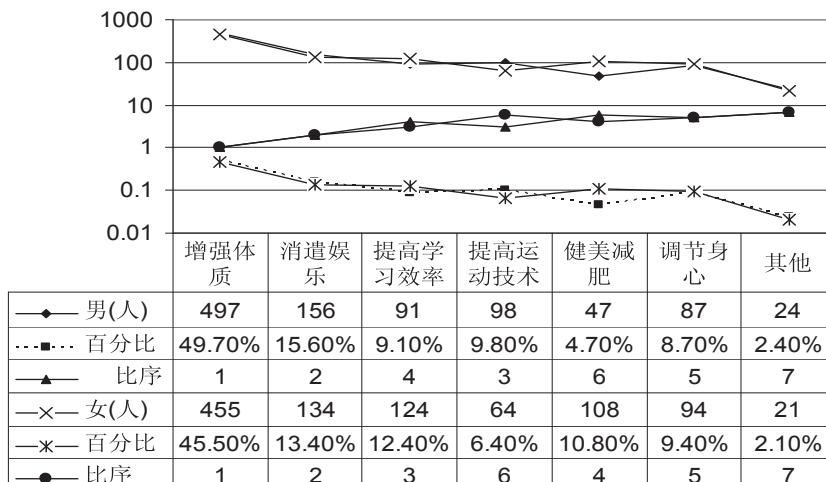
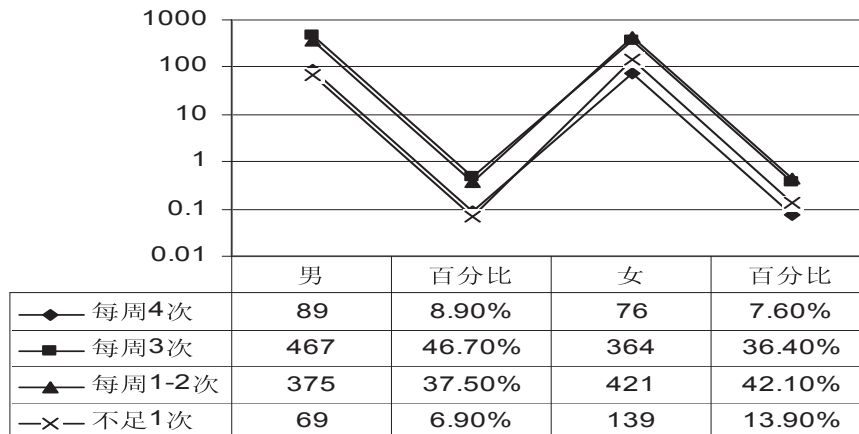


Table 2 shows that the motivations of participating in extracurricular sports activities of private middle schools in Henan province have a diversification tendency. Students' selection of sports value have diversified and comprehensive tendency. They not only notice the function of health care of sports, but also notice the influence of sports on psychological health and entertainment function of sports. And there are differences between the motivations of boys and girls. There exists a distinct difference when boys and girls choose the motivation of "strengthening health" or "losing weight and keeping fit". It shows that boys' motivations of sports lay particular stress on strengthening one's body, while girls are tend to be affected by mandatory factors and the mentality of loving beauty when they choose to take part in sports activities. The boys have clear goals and high self-motivation when they participate in sports while girl are passive. There is also a portion of students wanting to promote learning efficiency and adjust body and mind, which shows the students of private middle school pay much attention to learn cultural knowledge, and at the same time, they connect extracurricular activities with cultural knowledge closely. During the intense study life, the students long for taking advantage of sports activities to relieve the nervous fatigue of learning cultural knowledge and adjust and relax cranial nerve through sports activities. Reasonable participation in

extracurricular sports activities will not influence learning, but will relax mind and adjust nerve to promote the efficiency of learning cultural knowledge.

2.3 Times of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province

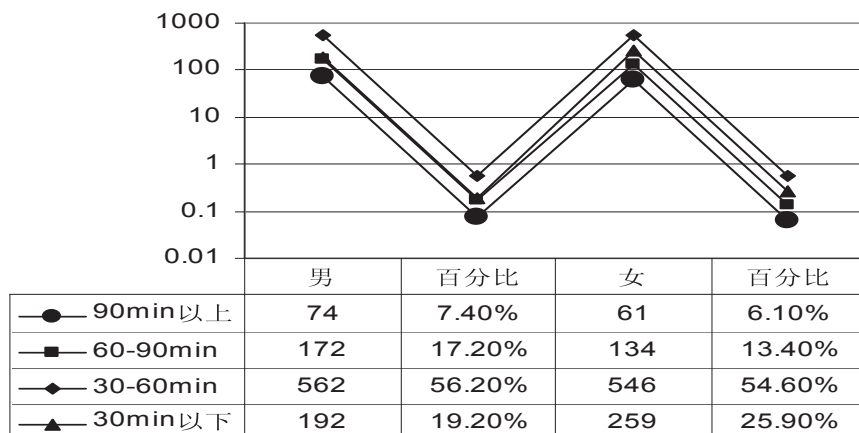
Table 3 Times of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province



Most students of private middle schools in Henan province can be aware of the importance of extracurricular sports activities. Compared with the girls, the boys pay more attention to extracurricular sports activities and more of them like taking part in extracurricular sports activities. What should be worth noting is there still is 20.8% of the students take part in 20.8% of the students on the rare occasions, even a few students hardly participate in 20.8% of the students. This phenomenon is more common existing in girls than in boys. 38.7% of the students do not meet the requirement put forward by national fitness program that people should do sports no less than twice every week. From the result of investigating motivations of extracurricular sports activities, we can find that students' cognition of extracurricular sports activities of private middle schools in Henan province is satisfactory. But from the result of investigating the frequency of actual participation in sports activities, we learn that students' direct participation in sports is lack, the quantity of sports exercise is not sufficient, and the frequency is low. This situation can not achieve an optimistic effect of sports activities. So it still needs the PE teachers to make greater effort.

2.4 The Duration of Participating in Extracurricular Sports Activities

Table 4 the List of Duration of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province



Through questionnaire, we find that the students who take part in exercise no more than one hour every time account for 73.4%. There are few students taking part in extracurricular sports activities reach one hour every day. It is quite distant to the standard – one-hour sports activities every day which is set by Working Regulations of PE at

School. The number of students decreases with the extension of participation time (table 4). The time of students' participation in sports is so short that is not enough to cause change of physical function and strengthen physique. It is hard to achieve the goal of exercises and obtain good effect. Meanwhile, it is likely to cause accidental injuries because of not adapting to sports activities.

2.5 Students' Program Selection of Extracurricular Sports

Table 5 the List of Programs of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province

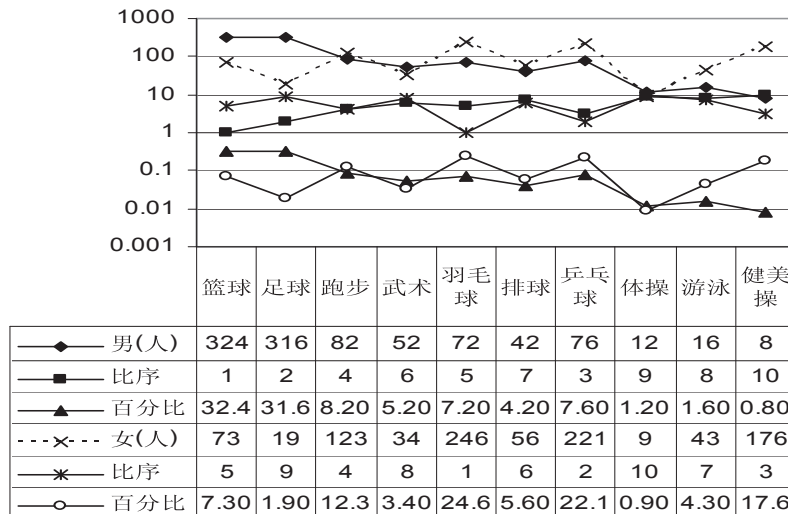


Table 5 shows that boys are in favor of more confrontational and collective projects. They prefer ball games, because ball games have more entertainment and they can fully perform the charm of skill and tactics. Boys can get a sense of achievement when they play the games, so they favour ball games most. The girls attach more importance to table tennis, badminton, aerobic dancing, and so forth, which have less contact with body, or are not confrontational, less strong and with certain entertainment.

2.6 Influential Factors of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province

Table 6 Influential Factors of Students' Participation in Extracurricular Sports Activities of Private Middle Schools in Henan Province

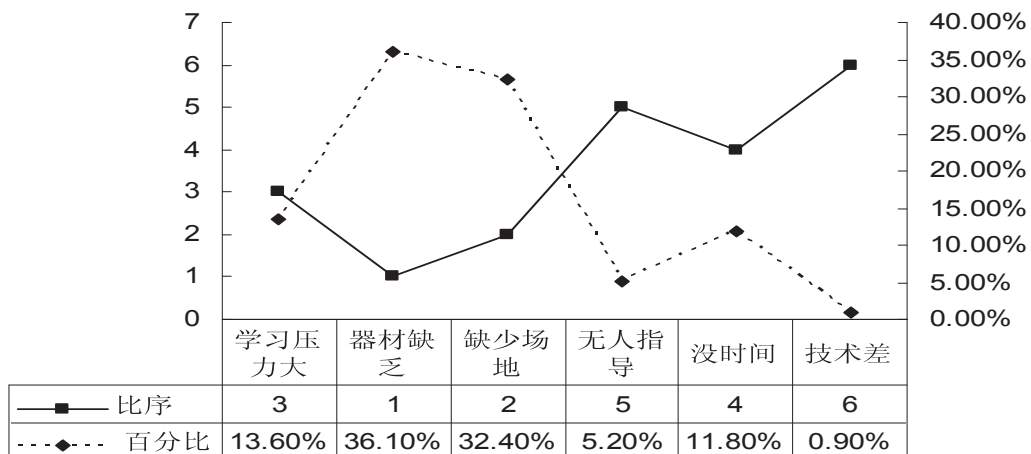


Table 6 shows that the main factors which influence students' participation in extracurricular sports activities of private middle school in Henan province are the limitation of schools' field facilities and exercise instruments. 68.5% of the students think that the sports field and instruments of the school cannot meet their needs of taking part in

extracurricular sports activities. Many schools are lack of indoor venues, so it's hard for the students to have PE class normally on rainy days. Because of the profitable characteristics of private middle schools, they do not pay enough money to construct sports field and buy instruments. Additionally, the factors that contribute to this situation are tense learning and less time. With the trend of blind pursuing enrollment rate

3. Countermeasures and Suggestions

A thorough change in ideas. Due to the impact of examination-oriented education, the school pursuit the enrollment rate one-sidedly, and attach great importance to intelligence education while paying little attention to physical education, and being lack of comprehensive understanding to the role of school sports, the school is inadequate for carrying out the organization of extracurricular sports activities.

The governments and the school should pay full attention to this issue, implementing the "National Fitness Program" conscientiously, firmly establish the "people-oriented, health first" guiding ideology, update the concept of education, reform the school evaluation system, implement the quality education fully. By doing so, the majority of teachers and students will get out from the shadow of the examination-oriented education. They should also ensure that students have enough time to participate in extracurricular sports activities inside and outside the school. Therefore, the physical and mental statuses of students will be developed in a healthy way.

The school should pay attention to the cultivation of students various sporting interests, which reflect the diversified characteristics of extracurricular sports activities. This is an irreplaceable function of the physical education teaching. Physical education teachers should study the teaching materials intensively, focusing on the reform of quality education, and make the lessons lively, so students will meet the challenge by participating in extra-curricular sports activities with great interest. Thus students' active participation in physical exercises will be stimulated. According to students' interests and expertise, the school should organize some small and medium-sized sports competitions systematically and designedly, through those competitions, students will experience the feeling of satisfaction and achievement from the sports events.

The school should raise funds from various sources to increase the financial and material input in sports, strengthen the construction and management of venues and equipments, improve students' extracurricular physical exercise environment, especially indoor and outdoor venues construction in order to improve the situation of lack of extracurricular sports venues, and in accordance with "the School Physical Education Working Regulations", the school should ensure that sports funding expenditure is not less than 1% of that year's fund expenses

Reasonable development and utilization of sports facility resources

The school should transform the waste sports facilities, focus on the rectification of the existing equipment, expand the schools' sports facility resources, do the best to achieve the purpose of redistribution and reuse of the resources; and strengthen the organization and management of extra-curricular sports activities. Also they should appoint someone to supervise and inspect extracurricular sports activities, and this responsibility should distribute to the specific teachers, head teachers, sports activities instructors to train a backbone force for sports, and take full advantage of the role of the sports backbone to set an example for the participation of other people. The physical education teachers need to conduct anticipatory guidance to the leading cadres to enable them to take the lead in extra-curricular activities so as to make up the deficiencies of the physical education teachers

Organization of sports competitions

For example, the school can organize some games in each semester (such as basketball, soccer, table tennis, tug of war, etc.), which will make the school to form a sport climate and competitive atmosphere, resulting in a strong rallying point, then students will be involved in such atmosphere of infection, and participate in those extra-curricular activities which has a petticoat influence on other students, thus the extra-curricular activities will have increasing passion.

References

- [1] Fan Linhu. Investigation and Analysis on Current Condition of Spare Time Sports Activity in Rural Middle School in Shanxi Province [J] *Sport Science*, 2004 (5): 58-59.
- [2] Sun Quanhong. Research on Current Situation of Participation in Physical Activities After Class in Undergraduates of General Colleges and Universities in Zhejiang Province of China [J] *Journal of Beijing University of Physical Education*, 2002 (6): 803-804.
- [3] Chen Ning, Pan Xiaofei. Study on Countermeasures of Developing School Sports Activities in Poverty Countries in Southern Sichun [J] *Journal of Chengdu Institute of Sports Education*, 2000 (2): 38-40.
- [4] Fan Liren. Study on Current Situation of Students' Participation in Extracurricular Sports Activities in China [J] *Sports Science*, 2000, 20 (2): 7-11.
- [5] The Ministry of Education of the People's Republic of China (MOE) Formulated. Curriculum Standards of Sports (Grade 1-6), Sports and Health (Grade6 and 12) [J] Beijing: Beijing Normal University Press, 2001, (7).
- [6] Ma Qiwei. Sports Psychology [M] Beijing: Higher Education Press, 1996.